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## A Fully Credentialed Mental Health Counselor

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**By Hospital Corpsman 1st Class Morgan Notel**



Working collaboratively with the patient and command, I am able to assist new and displaced Sailors to identify vocational and work interests based on the Sailor's knowledge, skills and ability


*Hospital Corpsman 1st Class Morgan Notel assigned to Naval Hospital Bremerton's Substance Abuse Rehabilitation Program (SARP) passed her national certification exam and is now a fully credentialed Mental Health counselor. Along with sitting for her national exam, she had to successfully obtain a Master's Degree and complete 3,000 clinical counseling hours. SARP staff members, like Notel, help guide and assist servicemembers and their family members in making the best decision to help achieve lasting results.*


My Master Degree in Counseling affords me the education and training that allows me to provide counseling, psychotherapy and prevention services to our individual Sailor, their family, groups and our larger organization utilizing a wide range of therapeutic techniques. I have been trained in the use of psychotherapy to address mental disorders and substance abuse issues in a timely and efficient manner. Working collaboratively with the patient and command, I am able to assist new and displaced Sailors to identify vocational and work interests based on the Sailor's knowledge, skills and ability


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I have also learned that management is extremely viable for the well organized and ambitious counselor. I have moved forward in my career and now do a job that I am well trained to do. I am currently the program director of SARP. In this role I continue to provide service to the individual Sailor, and I am much more able to be of service to the larger organization. I supervise not only clinical and operational staff, but also counseling interns. I engage in program development, advocacy, research and program evaluation that serves to improve and further the organizations mental health and prevention services. I know that the fruit of my work reaches across all Navy rates and ranks.

Another benefit I reap from my involvement in Navy medicine is the reward of working with a wide range of professionals who offer the benefit of their training and various medical experiences which adds to my own knowledge base. I've learned to deliver services at the most cost effective range which leads our organizations to get quality work at a lower price. In the world of cost containment, this is surely not to be overlooked and as a professional counselor, I've not missed this very important lesson.



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been at the fore in expanding the family program offering education and counseling to family members of patients enrolled in the intensive outpatient program and continuing care. This helps to address family dynamics and co-dependency issues that often contribute to patient relapse.

How can this benefit me in the future? Very simple – each and every one of these skills can be transferred to civilian life once my Navy career has ended and the tradition of Navy excellence will serve to propel me forward to a honorable professional life.

*SARP had 8,507 total patient contacts for 2013, a three percent decrease compared to 2012 (8647), and continues to provide service members with multiple programs like individual and group counseling to support the Outpatient and Continuing Care programs that are offered. Notel has*

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